

Review: biofeedback seems effective for pediatric migraine

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"Biofeedback seems to be an effective intervention for pediatric migraine, but in light of the limitations, further investigation is needed to increase our confidence in the estimate," the authors write.

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(HealthDay)—For pediatric patients with migraine, biofeedback seems to be an effective intervention, according to a review published online July 26 in *Pediatrics*.

Anker Stubberud, from the NTNU Norwegian University of Science and Technology in Trondheim, and colleagues examined the pooled evidence for the effectiveness of [biofeedback](#) for childhood migraine. Data were included from five prospective, randomized controlled trials of biofeedback with a total of 137 participants.

The researchers found that, compared with a waiting-list control, biofeedback reduced the frequency of migraine (mean difference, ?1.97), duration of attack (mean difference, ?3.94), and headache intensity (mean difference, ?1.77) (all P behavioral treatment, biofeedback demonstrated no adjuvant effect; there was also no significant advantage for biofeedback over active treatment. Forty percent of bias judgments were considered to be low risk.

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